



Please see our online live schedule for the latest updates

FEBRUARY 2020	MON	TUES	WED	THUR	FRI	SAT	SUN	
							1	2
	3 Themes YIN= Shoulder Series VF= Strength	4	5 Themes YIN= Infant Series VF= Integration	6	7 Kundalini Evening Sadhana (Free) 7 - 8:30pm	8	9	
	10 Themes YIN= Spine Series VF= Flexibility	11	12 Themes YIN= Hip Series VF= Balance	13	14 Sound Healing Restorative 6:45 - 8pm	15	16	
	17 Themes YIN= Infant Series VF= Integration	18	19 Themes YIN= Shoulder Series VF= Strength	20	21 Kundalini Evening Sadhana (Free) 7 - 8:30pm	22 Discovering Ayurveda (Free) Lecture 2 - 4:30pm	23	
	24 Themes YIN= Hip Series VF= Balance	25	26 Themes YIN= Spine Series VF= Flexibility	27	28 Candlelight Yin & Yoga Nidra 6:15 - 7:45pm	29		

37353 Fremont Blvd • Fremont, CA 94536 • (510) 796-9642 • fremont.worldsyoga.com/schedule

WEEKLY CLASS SCHEDULE - EFFECTIVE FEBRUARY 1ST - 29TH, 2020

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	MON	TUES	WED	THUR	FRI	SAT	SUN
AM						Progressive Power (Express) 8 - 9am	FREE Community Vinyasa-Strong 8 - 9am
	Hatha-Gentle 9 - 10:15am	Hatha-Moderate 9 - 10:15am	Hatha-Gentle 9 - 10:10am	Hatha-Moderate 9 - 10:15am	Hatha-Gentle 9 - 10:10am	Hatha-Moderate 9 - 10:15am	Yin Yoga 9 - 10:30am
				Yin Yoga 10:30 - 11:45am		Mat Pilates (Build Core) 9:30 - 10:30am	
						Gentle Yoga / Prenatal 10:30 - 11:45am	
						Kid's Yoga 2/22 - 4/3/28 10:45 - 11:45am	
Noon		Hatha-Gentle 12 - 1:15pm			FREE Community Vinyasa-Moderate 12 - 1pm	FREE Community Vinyasa-Gentle 12 - 1:15pm	
Afternoon	Vinyasa-Gentle 4:30 - 5:45pm		Yin Yoga 4:30 - 5:45pm				
Evening	Yin Yoga 6 - 7:15pm	Tone & Stretch 6 - 7pm	Vinyasa-Gentle 6 - 7:15pm	Tone & Stretch 6 - 7pm			Vinyasa-Moderate 6 - 7:15pm
	Gentle Yoga / Prenatal 7:15 - 8:30pm	Kundalini Yoga 7:30 - 8:45pm	Mat Pilates (Build Core) 7:30 - 8:30pm	Hatha-Align 6:20 - 7:30pm	Vinyasa Fusion(VF) 6:30 - 7:45pm		Restorative Yoga 6:15 - 7:30pm
	Vinyasa Fusion(VF) 7:40 - 8:55pm	Vinyasa-Moderate 7:40 - 8:55pm	Vinyasa Fusion(VF) 7:40 - 8:55pm	Vinyasa-Moderate 7:40 - 8:55pm	For More Friday Evening Classes Look under the Monthly Class Schedule Above		

Get the Most out of Your Practice

- Be on your mat ready when class starts
- Don't leave class early
- Practice on an empty stomach
- Drink water before and after practice

Important to Note:

- Classes close 5 minutes past start time or when full
- Phones must be switched off while in studio
- Children Can NOT Attend Adult Classes

New Student Special

- 15 Consecutive Days* unlimited for \$25*
- *Arrive 15 minutes early on your 1st visit

Regular Per Class Rates

- 1 Class: \$20** (Drop-in)
- 5 Classes: \$75** (valid 2 months)
- 10 Classes: \$130** (valid 5 months)
- 20 Classes: \$240** (valid 10 months)
- 30 Classes: \$330** (valid 12 months)
- 60 Classes: \$600** (valid 18 months)

One Month Unlimited is \$129**
** valid at the studio it was purchased at

WY Contract Membership^:

- 3 Month Contract: \$99 monthly
- 6 Month Contract: \$89 monthly
- Yearly Contract: \$79 monthly

WY Member Benefits:

- Unlimited access to all WY studios
- 10% off Retail, Events, Workshops & Series
- Bring 3 new guests per month

^3, 6 or 12 months commitment with auto renewal; written cancellation notice is required 15 days or more before contract renewal date. 3 one month holds per year with \$25 hold fee for each hold

- Seniors (over 65)/Full-time College Students: 15% off full prices (Proof Required)
- All offers subject to change without notice
- All Sales are final and not refundable

🌿 All Level 🔥 Indicates classes heated up to 80 degrees 🔥 Indicates classes heated up to 90 degrees